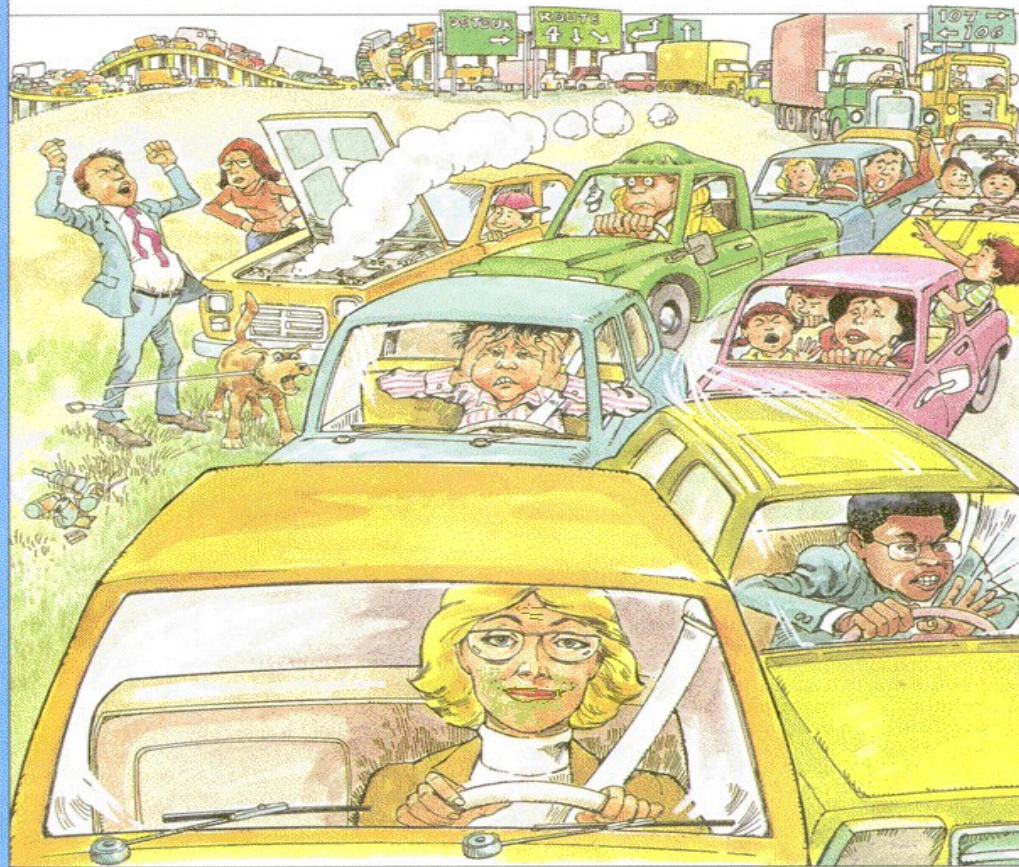


STRESS





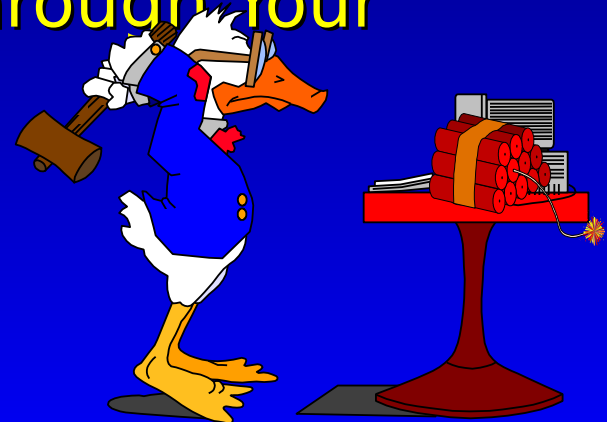
What Is Stress?



***Stress is an Automatic Physical
Reaction***

***To a Danger or a Demand
Put on Your Life...***

- Extra Adrenaline Flows through Your System
- Muscles Tighten
- Blood Pressure Rises
- Heart Speeds Up





Alert!... STRESS Attack!

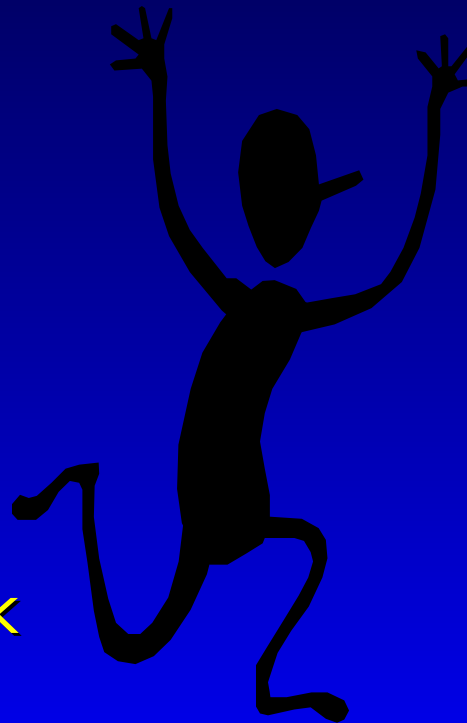




How Can We Manage STRESS?



- Exercise
- Hobbies
- Meditation
- Relaxation
- Enough Sleep
- Eat Right
- Time Management
- Plan your work



- Be Realistic
- Seek Counseling
- Talk out Worries
- ***Making the Right Moral & Ethical Decisions in Life***

By Knowing & Understanding the
Moral & Ethical Values
You & Your People Believe In & Live
By...

You can use an
Ethical Decisions Making Process
Reducing your level of Stress!



Topic & Focus of this Block



Topic
Ethics

Focus
Using An Ethical
Decision Making
Process



DEFINITIONS



Morals

Ethics



MORALS



- ***Refers to...*** Rightness or Wrongness
Of Something
- ***Based on...*** What people BELIEVE
To be Good or Right
In Conduct or Character
Values vs Preference
- ***Implies...*** Conformity with the
Generally Accepted Standard
Of Goodness or Rightness
In BEHAVIOR



ETHICS



- *Discipline of dealing with what is good & bad...*

Your Moral Duty & Obligation

- *Set of...* Moral Principles & Values

- *Conforming to...*

Professional Standards of Conduct

- *Principles of Conduct...*

Governing an Individual or Group



SYNONYMS

Two or More Words with Basically the Same Meaning



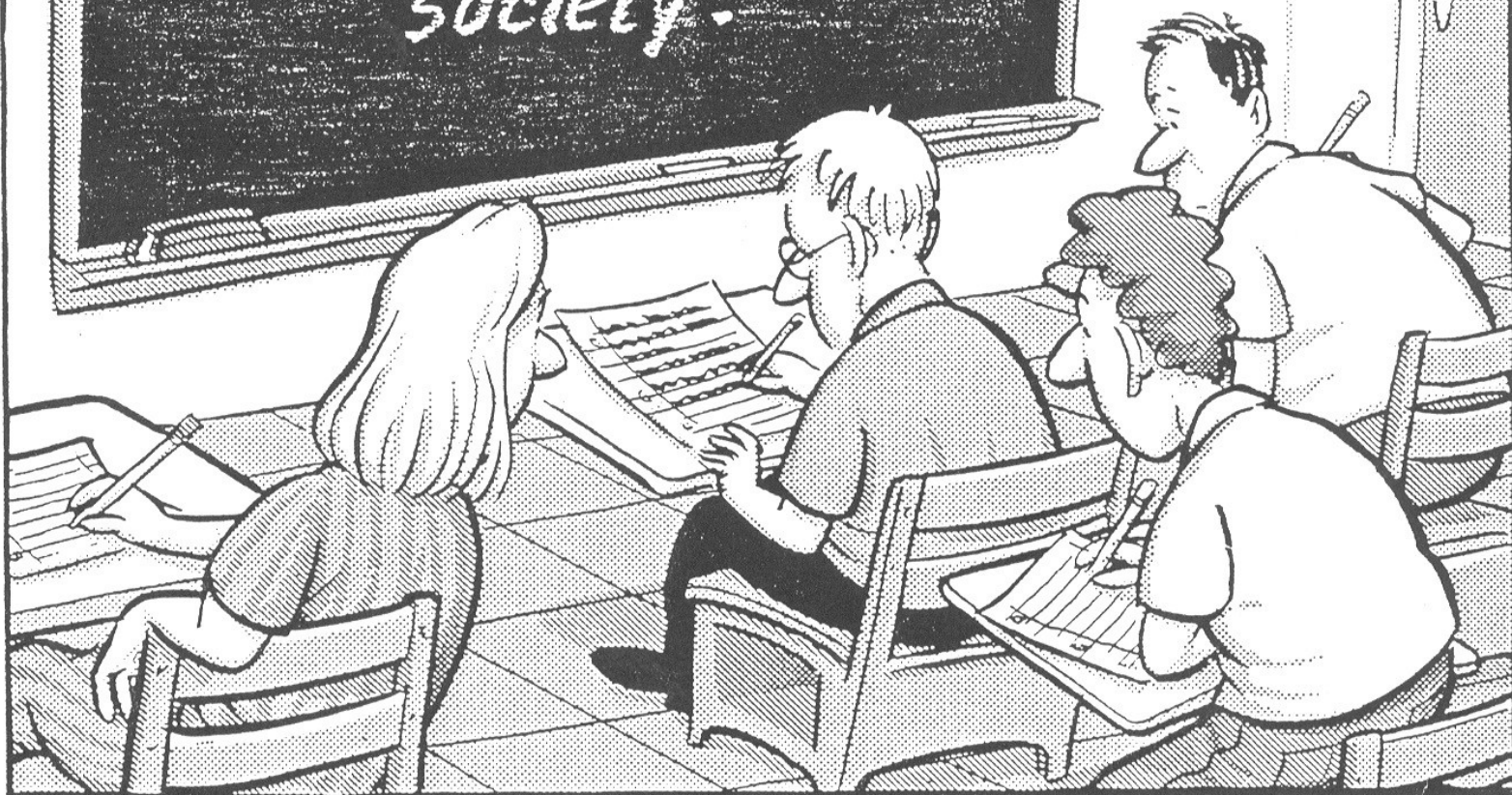
That Which Is . . .

- ***MORAL...*** Is Conformity to a Standard of what is Good & Right.
- ***ETHICAL...*** Asks the difficult question... What is Right & Fair?



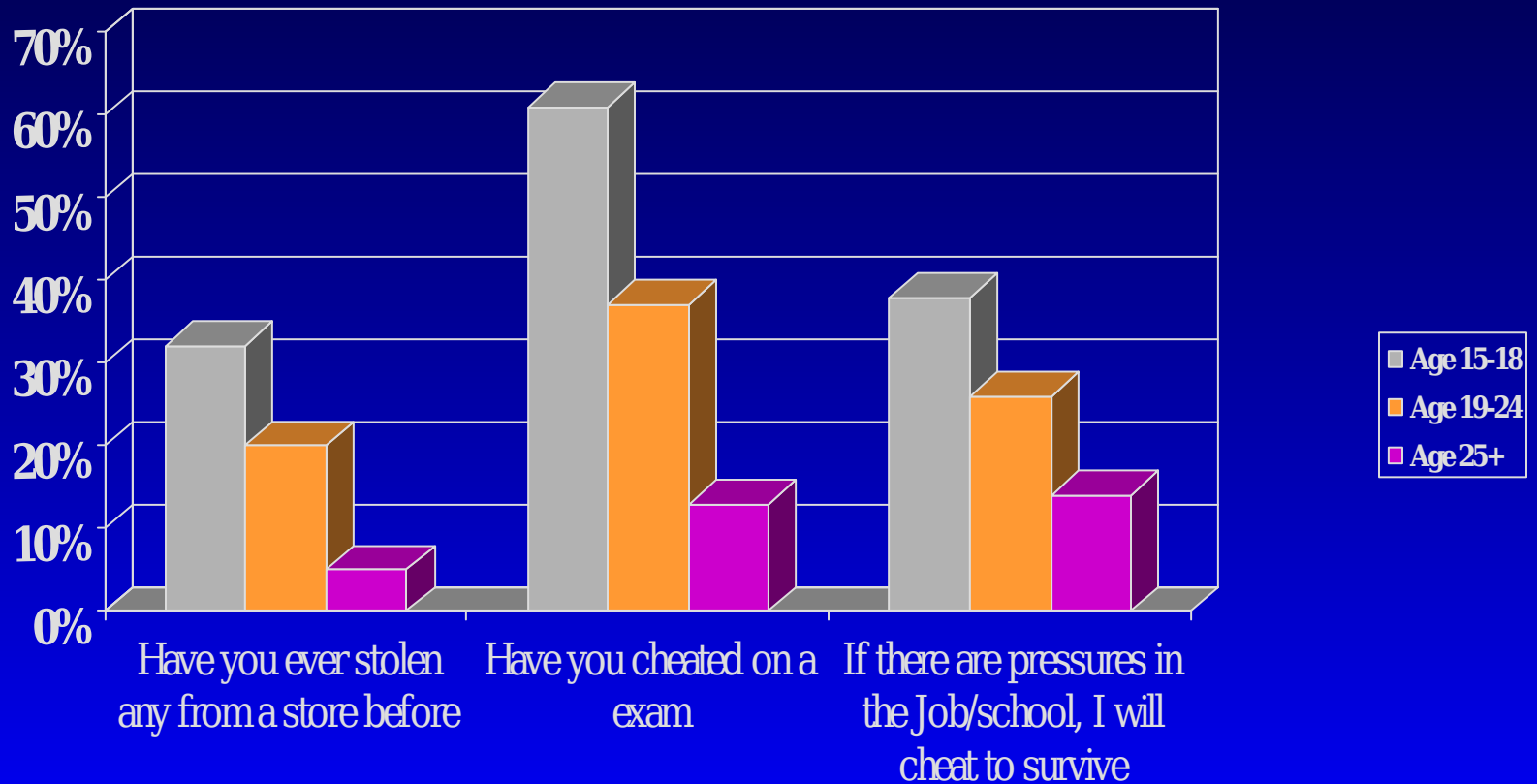
*How important are
ethics in today's
society?*

ST. PETERSBURG TIMES RANCH





YOUNG PEOPLE AND ETHICS





Where Do Our Values Come From?



- Parents, Family Members, Teachers, Mentors, Laws, World View, Personal Values
- Spiritual Teaching & Upbringing
- Basic National Values,
- AF Traditional & Core Values **Integrity - Service - Excellence**
- Orders, AF Instructions, Tech Orders
- Unit Operating Values
- Other Areas



HISTORICAL EXAMPLES OF ETHICAL VALUES



THE TEN COMMANDMENTS

- 1-4 Deal with Ones Relationship with God
- 5 Honor... YOUR FATHER AND MOTHER
- 6 Do Not... MURDER
- 7 Do Not... COMMIT ADULTRY
- 8 Do Not... STEAL
- 9 Do Not... LIE OR GIVE FALSE TESTIMONY
- 10 Do Not... Covet Envy your neighbor's wife/husband or belongings



HISTORICAL EXAMPLES OF ETHICAL VALUES

Continued



THE GOLDEN RULE

**“DO UNTO OTHERS
AS YOU WOULD HAVE THEM
DO UNTO YOU!”**

***Found in . . . HINDUISM - JUDAISM
BUDDHISM - ISLAM - CHRISTIANITY***

ACTIVE (Religious) **BELIEFS** = ***How One Lives & Treats Others***



RECENT EXAMPLE OF ETHICAL VALUES



COVEY'S *UNIVERSAL* VALUES

Stephen R. Covey

FAIRNESS

DIGNITY

INTEGRITY

QUALITY

PATIENCE

KINDNESS

CHARITY

HONESTY

SERVICE



Your Ethical Responsibility to Your Unit & People...



- ***Being...*** A Role Model
- ***Promoting...*** Character Development
with Your Subordinates & Peers
- ***Creating...*** A Climate at Work
that Promotes Trust and
Professional Commitment



Be... A Role Model



- ***Exhibit Ethical Behavior...*** The way you live!

Who likes?... “Do what I say! Not what I do!”

- ***Use Wisdom...*** When your Ethical standards are not the same as others.
- ***Let Credibility Soar...*** Flee Double Standards!
- ***Excel as a Role Model...*** Give your Unit an example of great leadership to follow.



Promote...

Character Development With Subordinates & Peers



- ***Personal Contact...***
One on One! Know Your People!
- ***Share with Your Subordinates...***
Let them know what you are Thinking!
- ***Teach Them...*** The Process
To Make the Right Decisions



Create...

A Work Climate Promoting Trust and Professional Commitment



HOW?

- ***Be Honest...*** LACK OF Ethical Clarity,
Incompetence,
Conflicting Policies & Decisions
SENDS the wrong message
- ***Reward...*** CORRECT Ethical BEHAVIOR
- ***Establish...*** A SENSE OF PURPOSE in the organization
- ***Stick Up...*** FOR YOUR PEOPLE
- ***Set Expectations...*** MAKE them CLEAR
- ***Speak through Actions...*** AS WELL AS Words



Create... A Work Climate Promoting Trust And Professional Commitment



Continued

WHY Does the Ethical Climate Fall Apart?

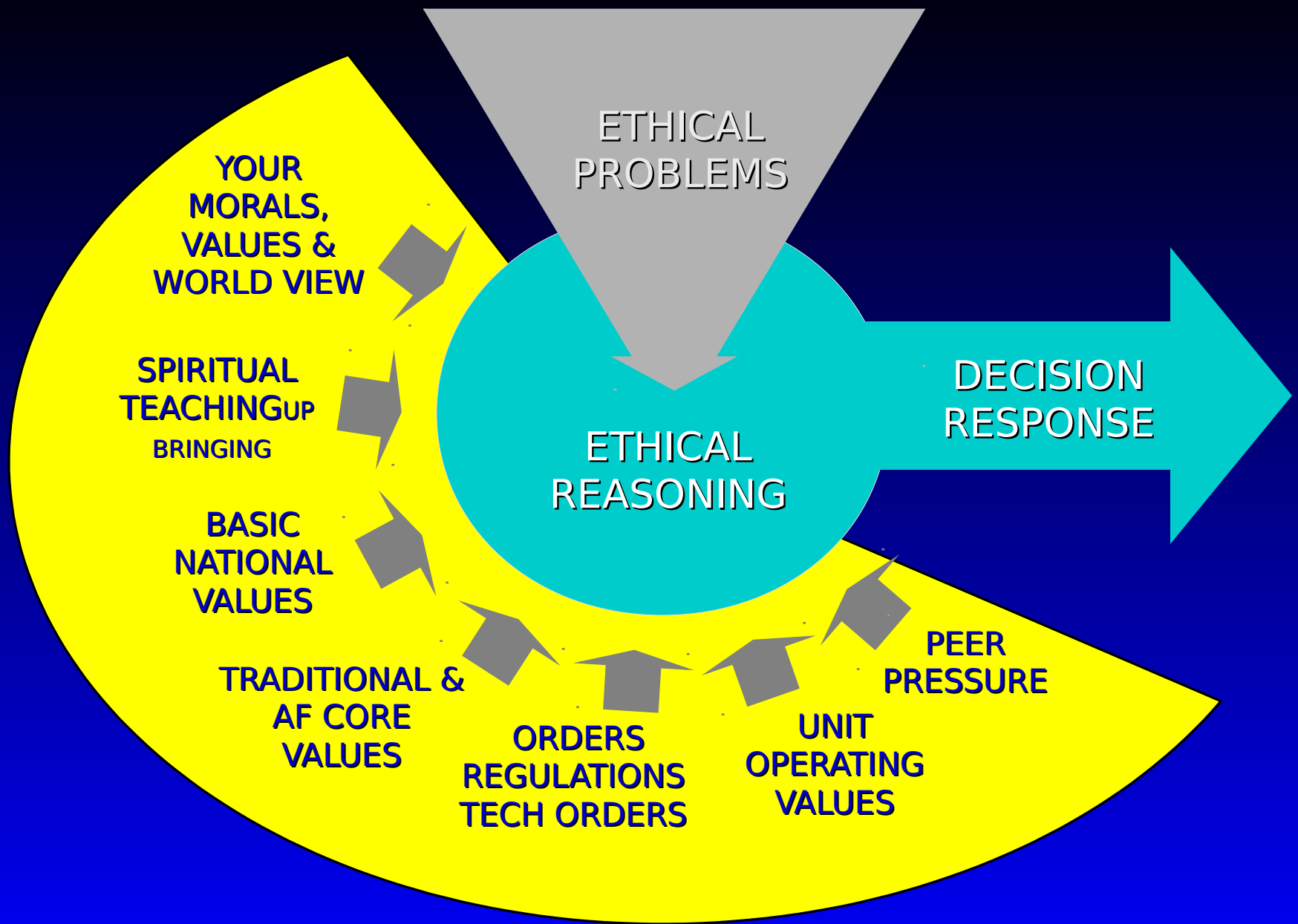
- ***Peer Pressure...***
- ***Lack of Understanding...*** Of what is EXPECTED of them
- ***Ignorance of Rules...*** WITHIN Organization, Wing, AF
- ***Ignorance of Your Responsibility...*** AS a LEADER
- ***Unhealthy Competition & Fear...*** OF the UNKNOWN



The Ethical Decision Making Process



- 1st - ***Recognize...*** You have a Problem
- 2nd - ***Analyze...*** The Moral Values, Principles or Rules
that Relate to the Problem
- 3rd - ***Seek...*** Counsel or Spiritual Guidance
- 4th - ***Choose...*** A Course of Action that Results
in the Highest Moral Good

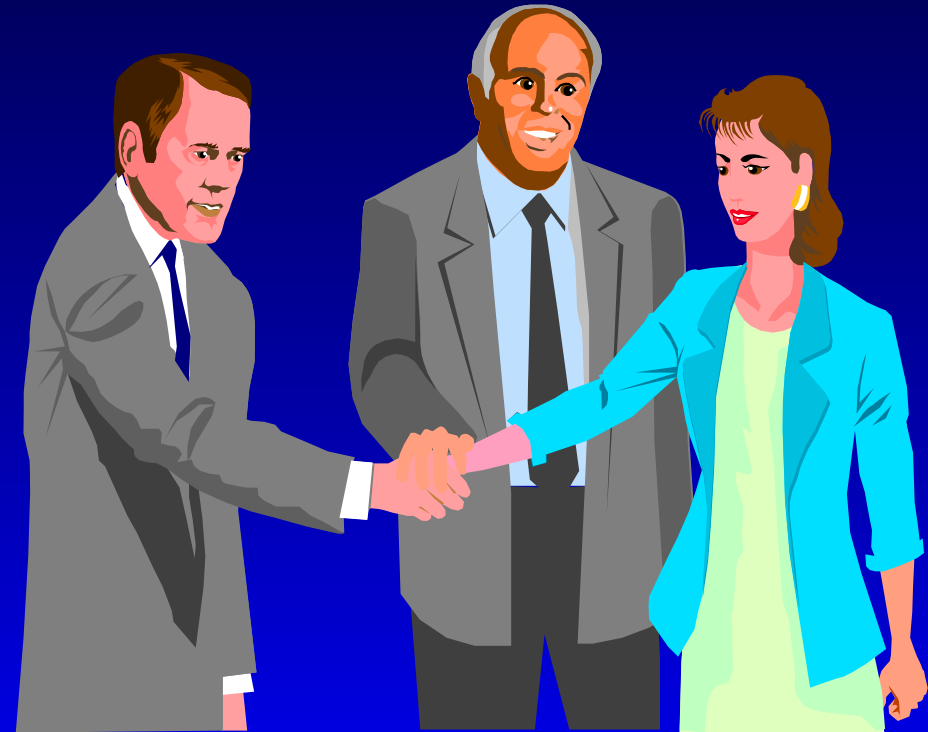




REFER



- **Chaplain**
- **Mental Health**
- **JAG**
- **Family Advocacy**
- **Family Support**
- **Off Base Agencies**
- **Other**





Using An Ethical Decision Making Process



??? Questions ???

???

Observations ???